



WE CU VOLUNTEER

#Give4for4H

Save-the-Date

#GIVE4FOR4H

\$4
for
4-H

Give \$4 on 4/4 to show your support of South Carolina 4-H

CLEMSON

COOPERATIVE EXTENSION



#InspireKidsToDo by giving to 4-H and give kids more opportunities to grow and lead in life and career—through hands on learning and doing!

Our goal is to raise \$4,000 on April 4th to empower true leaders and help 4-H grow!

Funds go to the South Carolina 4-H Annual Fund to provide support for county and state programs. Priority programs targeted for 2020 funding include supporting:

- A delegation of 4-H youth and staff for the 2021

United States Presidential Inauguration

- Youth recognized for accomplishments at the Annual 4-H Project Awards Ceremony.

Mark your calendars or set a reminder to give \$4, 40, 400 or any amount you are comfortable with to 4-H on 4/4.

With your support, we can inspire 100,000 kids in South Carolina. #Give4for4H

GIVE NOW

Upcoming Statewide Programs:



**4-H Pinckney Leadership Camp
Summer of 2020**

Middle-school youth are invited to apply for camp.

Applications due March 27



**4-H Horse Judging Contest
Sat, April 25, 2020**

Teams compete in a horse judging contest in Camden, SC (ages 5-18)

Register by April 3



**4-H Small Garden Project
Spring/Summer of 2020**

Independent-study project for youth to participate in gardening (ages 5-18)

Register by April 3



**True Leaders in Service
Sat, April 25, 2020**

Putting service into action throughout April all across SC (all ages)

Contact your local Extension agent



**4-H Sporting Clays Fundraiser
Fri, June 5, 2020**

Support 4-H scholarships and development opportunities (all ages)

Register by May 27

In light of the recent programming suspension and uncertainty of future timelines, please bear with us as we attempt to cancel, postpone, and reschedule events as necessary. We want to offer the best experience possible for all involved.



New 4-H Youth Development Agents

Laura Haddon

Cherokee County 4-H Youth Development Agent

Laura grew up in Fountain Inn, South Carolina, on the Bob Jones University farm. Her love for agriculture began at an early age. She completed a BS in Early Childhood Education at Erskine College in 1998, and earned her Master's in Elementary Education in 2003, from Converse College. She has thirteen years of classroom experience, has been a presenter for South Carolina's Ag in the Classroom, and has served on various boards and committees, including the South Carolina Farm Bureau Young Farmers and Ranchers Committee and the South Carolina Cotton Museum Board. She lives in Gaffney where her husband, Lee Haddon, who manages Sarratt Farms, a row crop, cattle, and poultry operation. She has three children who are all active members of Cherokee County 4-H. Laura is looking forward to continuing to grow 4-H in her community and making the best of Cherokee County better! Laura can be contacted at 864-489-3141 or lhaddon@clermson.edu.



Molly Jones

Dorchester County 4-H Youth Development Agent

Molly comes to Extension from Colleton Preparatory Academy in Walterboro, where she taught as a formal educator of science for grades 2-12. She was previously employed with the SC Department of Parks, Recreation and Tourism as a Naturalist Interpreter with Huntington Beach State Park. She is a graduate of Coastal Carolina University with a BS in Marine Science. During college, she focused greatly on conservation, animal sciences and biological studies. Sea turtle conservation became a passion for Molly when she participated in a study abroad program in Costa Rica. Molly was born and raised in Camden, Delaware. She was involved in FFA during high school creating her interest in livestock, domestic and animal sciences. She relocated to Harleyville, SC in 2018 with her husband. They purchased a "fixer upper" that they have been working on one project at a time. They have established a hobby "mini farm" on their one-acre plot where they raise and breed Nigerian dwarf/Pygmy cross goats. She loves working with her animals and teaching others the joys of husbandry. In her free time she loves to travel. She is very excited for the opportunity to serve Dorchester county through Clemson Extension's 4-H team! Molly can be contacted at mjone35@clermson.edu or 843-563-5775.



Freddricka Pressley

Marion County 4-H Youth Development Agent

Freddricka is a proud native of Gresham, SC. She obtained her Bachelor of General Studies Degree with an emphasis in Educational Studies, a minor in History and a collateral in English Literature from Francis Marion University. She is currently pursuing her Master of Education Degree in Teaching and Learning. At an early age in her community, she discovered her passion for educating and inspiring youth. She volunteered not only in her church, but in her community as well to serve the youth. Drawing inspiration from her parents, church members, and previous job experience, she comes to us with a background of leadership and civic engagement. She is fond of being able to utilize her educational background to assist youth academically. For the last two years, she had the privilege of serving as a 4-H volunteer with the Junior Leadership Florence County Program. She is looking forward to working with the 4-H Youth Development Program to empower the youth of Marion County to be dynamic citizens in society. Freddricka can be contacted at fpressl@clermson.edu or 843-423-8285.



National 4-H Healthy Living Summit

by Dr. Pam Ardern, *State 4-H Program Director*

Eva Earle, a Spartanburg County 4-H'er, and her agent Carol Hamilton were selected to present a workshop at the National Healthy Lifestyles Summit in Washington, DC January 30th – February 2nd. Eva's workshop was entitled, "Treat Yo' Self: Mental Health for Teens". Eva did a great job representing South Carolina.

South Carolina 4-H'er, Eva Earle, presents at the 2020 National 4-H Healthy Living Summit in Washington D.C.



SC 4-H Healthy Lifestyles Summit

by Dr. Pam Ardern, *State 4-H Program Director*

Nine Counties sent teams to the 4-H Healthy Lifestyles Summit January 31st and February 1st. The team of 3 youth and 1 coach were trained in the curriculum developed for the "Cooking Like a Chef" Summer Camp program. This year's curriculum is a general cooking program. Dr. Marge Condrasky, Professor in Food, Nutrition, and Packaging Science and 9 of her students served as instructors for the program. Chef Patrick Duggan for the Chapin Center for Advance Technological Studies served as our host and also helped provide demonstrations and training.



South Carolina 4-H'ers participate in the 2020 South Carolina 4-H Healthy Lifestyles Summit in Chapin, SC.

Junior Presentations Contest

by Shannon Herndon, Bamberg & Barnwell 4-H Agent

The SC 4-H Junior Presentation Contest held Saturday, February 8 at Camp Long in conjunction with Junior Weekend. Thirteen junior 4-H members competed. All did an excellent job!

Highest Overall Score

Highest Overall - Grand Champion (Blue Rosette) + \$100	Conner Metcalf	Abbeville County
2 nd Overall - Reserve Champion (Red Rosette) + \$50	Brady Bass	Chester County
3 rd Overall - Third Place (Yellow Rosette) + \$25	Brooklyn New	Laurens County

Highest in Category: Blue ribbon + \$15 gift card

Highest Livestock	Abigail Jennemann	Laurens County
Highest Ag & Natural Resources	Kaiah Wanto	Abbeville County
Highest Horse	Allison Jewell	Laurens County
Highest Healthy Lifestyles	Stella Eichhorn	Abbeville County
Highest Science	Samantha Mountford	Abbeville County

Blue Ribbons: \$10 gift cards

Bradleann Willis, Ellie Shaw, Dacey Abruzzino, Drew Walker, and Elise Jennemann

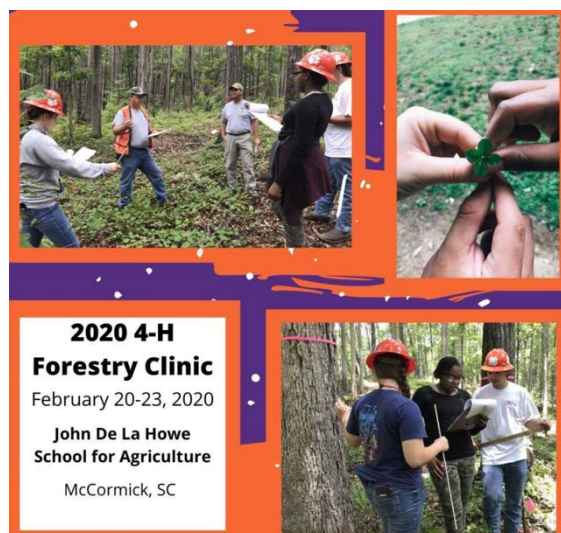


Junior 4-H'ers that participated in the 2020 South Carolina 4-H Presentations Contest (Junior division) at Junior Weekend at Camp Long in Aiken, SC. Image credit: Lauren Hood, York County 4-H Agent

South Carolina 4-H Forestry Clinic

by Jaime Pohlman, SC 4-H Forestry Team Coach

Nineteen youth from across South Carolina attended our SC 4-H Forestry Clinic held February 21-23rd at John De La Howe School in McCormick. During this clinic, the youth learned hands-on forestry skills from Clemson Extension Forestry Agents. Skills learned included tree measurement, compass and pacing, tree and forest health identification, and topographic map reading. Our top scorers for the weekend were Tree Measurement- Connor Dickson, Greenville County 4-H; Compass and Pacing- Harley Cochran, Saluda County 4-H; Exam, Tree ID, Forest Health, and Topo Combined- Ivan Lopez-Perez, Saluda County 4-H; High Overall- Josh Eubanks, York County 4-H. We also selected our 2020 SC 4-H Forestry Team that will compete at the National 4-H Forestry Invitational being held this summer in West Virginia. The team members selected were Josh Eubanks, Nathan Clark, Forrest Rozelle, and Samantha Mullinax. They are all members of York County 4-H.



**2020 4-H
Forestry Clinic**
February 20-23, 2020
John De La Howe
School for Agriculture
McCormick, SC

South Carolina 4-H'ers participate in the 2020 Forestry Clinic hosted at John de la Howe School for Agriculture. Image credit: SC 4-H Forestry Program

Senior Presentations Contest

by Faith Truesdale, Florence County 4-H Agent

The SC 4-H Senior Presentations contest that was held Saturday, March 6, 2020 in conjunction with Senior Teen Weekend at Camp Bob Cooper. We had 10 great educational presentations (illustrated talks and demonstrations) from Senior 4-H members from 10 different counties. The topics included horse, livestock, personal development (photography, art, etc.), healthy lifestyles, agriculture, and natural resources.

Highest Overall Score

Highest Overall - Grand Champion (Blue Rosette) + \$100	Macie Thomas	Dorchester Co.
2 nd Overall - Reserve Champion (Red Rosette) + \$50	Arizona Bowers & Claire McAtee	Anderson Co.
3 rd Overall - Third Place (Yellow Rosette) + \$25	Trey Haddon	Cherokee Co.

Highest in Category: Blue ribbon + \$15 gift card

Highest Ag & Natural Resources	Jimmy Wittenborn	Barnwell Co.
Highest Citizenship, Leadership, & Personal Dev.	Serger Jimenez-Sanchez	Greenville Co.

Blue Ribbons: \$10 gift cards

Katelyn McCarter - York Co.; Cassidy Hurst - Pickens Co.; Jeremiah Gonzalez - Chester Co.

Red Ribbons:

Amber McCormick - Orangeburg Co.; Andrew Jewell - Laurens Co.



Scenes from the 2020 South Carolina 4-H Senior Teen Weekend. Image credit: Greenville County 4-H

Monthly 4-H Club Activity Idea

By Abigail Greer, Clemson UPIC Intern

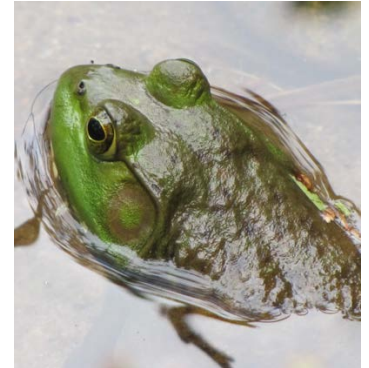


Friends of Frogs

Objective: To learn how to best assist frogs during breeding season and identify the ecosystem services they provide to us and other living things

Age Range: All ages

Hands-on Activity: Walk outdoors and identify potential frog habitats and areas that can be used by adults to hide from predators and avoid dehydration. For more in-depth study of frogs, go out at dusk to a frog-friendly location and listen for calls!



Introduction

If you live near any size body of freshwater, you have likely heard a frog call at night~ even if you didn't know it at the time! Frogs have many unique calls which they use to attract other frogs for breeding around this time every year.

What is an amphibian? An amphibian is an vertebrate animal that is characterized by having a distinct larval stage, smooth, sometimes slimy skin, and are ectothermic. You may have heard them referred to as cold-blooded before, but ectothermic is more accurate because it means a living thing that uses the outside (ecto-) environment to get their body heat (-therm).

What are some examples of amphibians? Amphibians are diverse~7,000 species are currently identified and still counting! You may have seen toads and frogs in your backyard, or salamanders under leaves and rocks in the forest. Frogs and salamanders are the two types of amphibians found in South Carolina. On other continents, such as South America and Africa, there are amphibians that look just like worms that live underground for their entire lives!

What do amphibians need to live? Because of their moist skin, amphibians rely upon water to survive. Amphibians are unique because many are able to

breathe through their moist skin whereas many other vertebrates can only breathe through their noses and mouths. (If your group is older, this is a good time to discuss the anatomy that allows cutaneous respiration) Great amphibian habitat consists of a source of water or moisture, shelter, and enough insects to forage on. Frogs and toads like to pursue prey that they can barely swallow in one gulp, such as crickets, beetles, and moths. Frogs and toads like to seek shelter in places where they can avoid drying out: a wet pile of leaves, along a pond bank, or burrowed in moist soil.

What do frogs and toads do for me? If you have ever been bitten by a mosquito, you know that there is little you can do to avoid coming in contact with them. Along with birds and bats, frogs help to cut down on the number of insects in your area. Frogs can eat pests like mosquitos and gnats, but they can also eat much larger "pests" such as mice and small snakes!

What can I do to help frogs and toads? Frog habitat is constantly at risk because they live near water and human development along water is on the rise! Lakeside and riverside development can threaten frog habitat because it fragments the habitat while also making it more risky for frogs to travel from

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place to place to search for food or mates. Adult frogs are not the only ones who are hurt habitat loss~ frog eggs and tadpoles are sensitive to changes in water quality and need consistent bodies of water to develop into their terrestrial stage. Creating places for frogs to seek shelter and lay their eggs is the most direct way to help out.

Materials

- Materials from nature
- Terra cotta pot
- Dish for water

Activity Instructions

For an activity you can do at home,

1. take a walk around your backyard, a local park, or your schoolyard. Look for areas that would give frogs and toads shelter from water-loss and predators.
2. With permission, choose a designated area to create frog and toad hiding places. This should be an area out of the way of foot and vehicle traffic, receives only a few hours of sunlight a day, and holds moisture well.
3. Choose things like rocks or terra cotta pots to place in your area and make sure they are stable. Add a dish of water but be prepared to change it daily to make sure you are not farming mosquitos!
4. To finish, add some loose soil or moss to hold moisture and provide additional hiding spots. Check your new habitat for frogs and toads starting at dusk.

Reflective Questions

1. What do you think about this activity? Was it fun? Was it easy?
2. What are some advantages of having frogs in your area?

Conclusion

Creating environments for frogs and toads is beneficial to people too! Get out in nature and help your fellow creatures by identifying, protecting, and enriching the habitat of frogs and toads.



Examples of frog and toad habitat. Image credit: University of Wisconsin-Extension (top) & National Wildlife Federation (bottom)



Eggs: Frogs lay their eggs in small, relatively shallow bodies of water. They prefer non-moving (stagnant) water so that their eggs do not risk getting washed away. It is also important that frogs choose a site without fish or other predators that can eat the eggs before they hatch. Frog eggs are gelatinous and laid in clumps, with one female laying up to a few thousands of eggs! Toad eggs are similar, but you can distinguish them from frog eggs because they are laid in strands instead of clumps.

Tadpoles: After anywhere from a few days to a few months, frog eggs hatch, releasing a tadpole. Tadpoles have gills and live in water. These tadpoles feed on algae and aquatic vegetation. However, if times get tough, some frog species have tadpoles that will switch to carnivory and eat each other! Tadpoles also have teeth-like structures, something an adult frog lacks. After a few weeks to few months, tadpoles metamorphose into froglets. They do this by growing first hind and then forelimbs, developing lungs, and absorbing their tail.

Froglets: Once a tadpole has developed lungs and legs, it will exit the water as a froglet. A froglet is characterized by still having a tail and not fully resembling an adult frog. Froglet's back legs grow stronger over time and they grow rapidly by feeding on insects.

Adult Frog: Once a froglet has fully absorbed its tail and grown a strong pair of legs, it is considered an adult. Frogs begin to reproduce at about 2-3 years of age, with males using a loud call to attract females. Female frogs typically have larger bodies. Breeding season can vary by species but a good rule of thumb is that it will coincide with the last freeze and spring rains.

Additional Resources:

DIY Toad Abode. 2015. Huston Arboretum and Nature Center.

<https://houstonarboretum.org/2015/06/diy-toad-abode/>

4-H Cloverbud Activity Book. 2010. University of Wisconsin – Extension.

<https://extension.unl.edu/statewide/hamilton/Cloverbud%20Combined%20Activity%20Books.pdf>

Wildlife Habitat Education Program (WHEP) Manual. 2020.

https://ag.tennessee.edu/fwf/craigharper/Documents/3_2020-WHEP-Wildlife-Species.pdf

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